

Mahina Pua Farm CSA News



What's new at Mahina Pua Farm?

We have a new crew! Natsue, Kristen, and Carli have joined us and Carmel is coming Today!



We also wanted to write about our containers! We use 100% compostable vegetable based containers. When you return them we wash them and dry them all by hand so there is no need to wash. (They start to disintegrate in extremely hot water)



What's happening on the Island in Farming and food tasting?

Variety Showcase March 13, 2018: <https://varietyshowcaseoahu.brownpapertickets.com/>

<https://www.facebook.com/groups/220826548086736/>

GoFarm Hawaii and the Culinary Breeding Network invite you to play a vital role in improving the quality of what farmers grow and how it tastes.

The VARIETY SHOWCASE is an interactive mixer to build community between plant breeders, researchers, new & established organic farmers and eaters. It's a one-of-a-kind experience where attendees get to taste new, unique, traditional and in-development vegetables, fruits & grains with the breeders that created them and the researchers & farmers growing them.

Come taste banana, avocado, purple winged beans, olena (turmeric), taro, jicama, sweet potato, sugarcane and so much more!

Tuesday, March 13 from 5:30-7:30 pm
Ohi'a Cafeteria @ Kapi'olani Community College in Honolulu

Sponsored by & in partnership with GoFarm Hawai'i

In collaboration with CTAHR, Hawaiian Seed Growers Network, Farm Link Hawai'i, Organic Seed Alliance, Oregon State University and University of Wisconsin



Grown in South Oahu using Restorative and Natural farming practices non-certified organic.

What is in the full box this month?

CSA Food Boxes about 8-10 items

Butternut	Green Beans
Squash	Parsley
Egg plant	Cilantro
Beets	Chard
Carrot	Salad Mix



The farm truck had a some trouble, but is back in service! Whew!



A great little helper!

PARTICIPATING Plant Breeders, Researchers, Seed Growers & Farmers:

Jari Sugano, CTAHR Extension
Glenn Teves, CTAHR Extension
UH Taro Breeding Team
Hawaii Seed Growers Network
Ted Radovich, UH Sustainable & Organic Agriculture Program
Skip Bittenbinder, CTAHR Cacao Researcher
Noa Lincoln, UH Indigenous Cropping Systems Researcher
Hawai'i Ulu Cooperative
Rob Barreca, Counter Culture Food & Ferment
Gabe Sachter-Smith, Hawai'i Banana Source
Jay Bost, GoFarm Hawai'i
Daniela Dutra Elliot, Leeward Community College
Micaela Colley, Organic Seed Alliance
Bill Tracy, University of Wisconsin
Jim Myers, Oregon State University
and more...

PARTICIPATING CHEFS:

Jenn Hee, Juicy Brew
Ed Kenney and Dave Caldiero, Town
Nina Pullella, Nina Cucina
Keaka Lee, Pig and the Lady
Robynne Maii, Fete Lauren Tamamoto, Culinary Innovation Center
Kelly Stern, Goldielocks Grinds
Brian Mesa, Hawaii Salsa Company
Scott Nelson
Shane Abelaye
David Gunawan, Farmer's Apprentice (Vancouver, BC)
Stacey Givens, The Side Yard Farm & Kitchen (Portland, OR)
BeerLab HI
Kō Hana Hawaiian Agricole Rum

Hosted by the Kapi'olani Community College Culinary Arts Program

Gallery of our Work



Ina's yard got a make over!



ABOUT THE FARMER

Vanessa Jansen has been a gardener all her life. She has had her hands in many farm school programs on the mainland and here in Hawaii and now is in her 2nd year of market farming. She is also a Certified Professional Midwife and has raised three children aged 25, 18, and 13 and has had them tag along to all of the home gardens and community gardens she has created over the years. She has had training in biodynamics from the Rudolf Steiner College in Sacramento and had the wonderful opportunity to learn from Harald and Cynthia Hoven and worked for an additional time with the apprentices. See more here <https://vimeo.com/168816094/b2311a8c88> Biodynamic Farming. Currently a UH GoFarm student and working as a farmer, farming every day!



Thank you!

We, at Mahina Pua Farm, thank you for your support and encouragement!



Recipes

Cooking tip: While it may seem odd to massage your greens, a rubdown does wonders to tenderize kale for salads. Massaging kale is easy to do, if a little messy. De-stem, chop, and wash the leaves well. In a large bowl, rub your dressing into the kale, taking care to get your hands on each leaf. You'll notice visible changes as you do this: the leaves will darken and become silky as the kale's tough cellulose structure breaks down. Taste as you go- if it's still bitter, it could use a little more massaging.

Disney's Ratatouille

Prep. 45 Cook. 45 Ready In. 1 h 30 m

Recipe By: Juli Warfel Bitler

"The beautiful ratatouille served up in the movie by the same name. Long and narrow vegetables work best. Serve over a bed of brown rice, couscous, pasta or other starch, or with crusty bread."

Ingredients

- 1 (6 ounce) can tomato paste
- 1/2 onion, chopped
- 1/4 cup minced garlic
- 1 tablespoon olive oil
- 3/4 cup water
- salt and ground black pepper to taste
- 1 small eggplant, trimmed and very thinly sliced
- 1 zucchini, trimmed and very thinly sliced
- 1 yellow squash, trimmed and very thinly sliced
- 1 red bell pepper, cored and very thinly sliced
- 1 yellow bell pepper, cored and very thinly sliced
- 3 tablespoons olive oil, or to taste
- 1 teaspoon fresh thyme leaves, or to taste
- 3 tablespoons mascarpone cheese

Directions

Preheat the oven to 375 degrees F (190 degrees C).

Spread tomato paste into the bottom of a 10x10-inch baking dish. Sprinkle with onion and garlic and stir in 1 tablespoon olive oil and water until thoroughly combined. Season with salt and black pepper. Arrange alternating slices of eggplant, zucchini, yellow squash, red bell pepper, and yellow bell pepper, starting at the outer edge of the dish and working concentrically towards the center. Overlap the slices a little to display the colors. Drizzle the vegetables with 3 tablespoons olive oil and season with salt and black pepper. Sprinkle with thyme leaves. Cover vegetables with a piece of parchment paper cut to fit inside.

Bake in the preheated oven until vegetables are roasted and tender, about 45 minutes. Serve with dollops of mascarpone cheese.

Chris always cooks up Sausage on the side



Winter Squash

Cucurbita maxima

Autumn colors are accented in the garden by the decorative array of winter squashes. A variety of colors, shapes, sizes, and textures are represented in the harvest. Despite the diversity in looks, most winter squash are similar on the edible inside. The flesh of the squash, except for the unique spaghetti squash, tends to be orange in color and mild and sweet in flavor. Most winter squash are interchangeable in recipes.

Unlike summer squash, winter squash was not grown in North or Central America before European colonization. Originating and flourishing first in South America, winter squash finally found its way north, and by the early to mid-1800s was a staple product. It was particularly cultivated in New England as necessary winter storage food.

Its excellent storability and nutritive value make winter squash an important fall and winter vegetable for the seasonal eater. Winter squash boasts 10 times the vitamin A content of its summer squash relations, and is also an excellent source of potassium. Winter squash is high in fiber and complex carbohydrates, and its versatility means that sweet, warming squash will find its way into your heart...and your tummy.

Cooking Tips

- 1 pound trimmed squash equals 2 cups cooked squash.
- Boil or steam 1 1/2- to 2-inch chunks for 15-20 minutes, or until tender. You may peel the squash before or after; it's easier to peel after cooking, but it must cool first.
- Mash cooked squash and top with butter. Serve hot.
- Puree cooked squash for a creamy soup, or add uncooked chunks to hearty soups and stews.
- Winter squash is easy to bake. Slice most squashes in half lengthwise, scoop out the seeds, and place facedown on a cookie sheet. Water may be added around squashes to avoid drying out and hasten cooking. Squash flesh may also be basted with oil or butter. Squash will need 40 minutes to 1 1/2 hours, depending on size. Cook until very tender but not charred.
- Butternut makes an excellent "pumpkin" pie.
- Try spaghetti squash served hot with butter and Parmesan cheese or your favorite tomato sauce. Bake as above. Flesh is done when it scoops out easily in spaghetti-like strings.
- Acorn squash is famous baked faceup with melted butter and brown sugar or maple syrup.
- Cook squash chunks alongside roasting meats.
- Add small amounts of squash to yeast breads, quick breads, muffins, cookies, or pancake batter to add color, moisture, and sweetness.

Storage Tips

- Winter squash will store at room temperature for at least a month. Store for several months in a dry and cool (50-55 degrees) but not cold location.
- Bruised or damaged squash will deteriorate more quickly.

For additional recipes that feature winter squash, see the Pumpkin, Seasonal Combinations, and Kids' Recipes chapters.

Butternut Squash Coconut Curry Soup Deb Boehm, Deb and Lola's Restaurant

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| 1 tablespoon peanut oil | 1 can coconut milk |
| 1/2 large onion, chopped | 1/2 cup chopped lemongrass |
| 2 cloves garlic, minced | 2 citrus/kaffir lime leaves |
| 3 1/2 cups chicken or vegetable stock | 1/2 cup bottled fish sauce |
| 1 medium butternut squash, peeled,
seeded and chopped | sugar to taste (start with 1 tablespoon) |
| 1 small jalapeño pepper, chopped | juice of 1/2 lime |

Heat oil in saucepan; add onions and garlic. Sauté until lightly browned. Add stock, squash, and jalapeño; simmer until squash is tender, 10-15 minutes. Add coconut milk, lemongrass, lime leaves, fish sauce, and sugar. Simmer (do not boil) 10-12 minutes. Puree and strain through fine mesh strainer. Add lime juice and adjust to taste with sugar and lime juice. Makes 4 servings.

Dave's Thai Squash Dave French, Madison CSA supporter

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| oil or butter | 1 can (14 ounces) coconut milk |
| 3 cups diced onions | 2-3 tablespoons minced fresh basil |
| 1/4 cup grated gingerroot | 1 tablespoon dried galanga |
| 6 cloves garlic, crushed | 6 cups butternut squash, in 3/4-inch cubes |
| 1-2 hot peppers (fresh or dried), minced | |

Heat oil in large skillet; add onions, gingerroot, garlic, and peppers. Cook over low heat until tender. Add coconut milk and basil; cook until thickened. Meanwhile, boil galanga in 4 cups water for 20 minutes. Add squash and boil another 12-15 minutes. Drain and remove galanga. Combine with other ingredients and serve. Makes 12 servings.

Cranberry Acorn Squash Molly Bartlett, Silver Creek Farm

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| 1/2 cup raw fresh cranberries | 1 1/2 tablespoons honey or maple syrup |
| 1 small apple, cored, chopped into small pieces | 1 tablespoon melted butter |
| 1/4 cup currants | pinch salt |
| 1/2 cup orange juice or apple cider | 2 acorn squash, cut in half, seeds removed |

Heat oven to 350 degrees. Combine cranberries, apples, currants, orange juice, honey, butter, and salt in a saucepan. Heat until berries are just tender. Place squash in ovenproof dish. Fill cavities with fruit. Cover dish and bake until squash is tender, about 35-45 minutes. Makes 4 servings.

Kabocha (or Buttercup) Squash, Japanese Style Drumlín Community Farm

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| 1 squash, cut into 2-inch cubes | 1/4 cup honey or brown sugar |
| 1/2 cup soy sauce | |

Bring several inches water to boil in a saucepan; cube and add squash, leaving the skin on. Add more water to cover if needed. Bring to boil again, reduce heat, and add soy sauce and honey. Cook until squash is tender, 10-15 minutes. Drain. Makes 4-6 servings.



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researchers, organic farmers & eaters.
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vegetables, fruits & grains

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\$25 tickets must be purchased beforehand
<http://varietyshowcaseoahu.brownpapertickets.com>



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